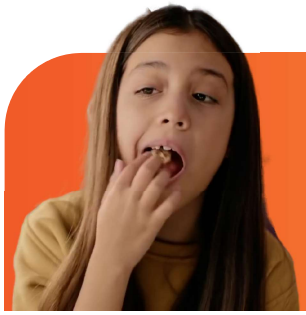
WOULD YOU BE ABLE TO TELL IF AN INEDIBLE INGREDIENT WAS ADDED TO YOUR FOOD?

Some are relatively benign, such as sawdust in rice crispy treats. But some slowly poison the body and health, such as highly inflammatory and biologically destructive industrial oils.



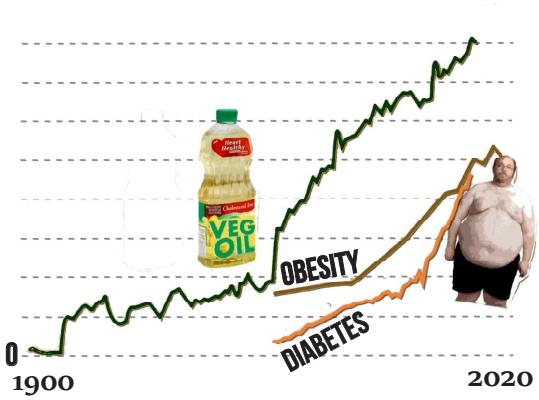
In an experiment, up to 15% of a rice crispy treat could be mixed with sawdust before most people knew. Could you tell the difference?

Really? These fats are the same?

Do you know which vegetable oils and seed oils to avoid like poison? And which are perfectly fine, and even healthy in moderation? Armed with knowledge from the honest science, and taking a little time to read ingredient labels, can save you and your loved ones needless sickness, suffering and medical expenses.

Some very cheap oils go through intense chemical and high heat processes in industrial refineries very akin to petroleum refineries, to make them quasi-edible and not reeking of oxidized rancidity.

Vegetable oils are used with abandon at home, in restaurants, and in processed foods. But do you know which ones are shown to be highly toxic?



As consumption of very high omega 6 vegetable oils exploded, replacing more traditional fat and oil sources, so did the rates of obesity, diabetes, and a raft of other modern civilizational diseases never really seen before.

Secluded populations around the world eat vastly different diets, some high in fat, some in carbs or protein, yet they share two things in common:

01 *After in depth evaluations of these peoples, modern civilizational diseases were found to be virtually nonexistent, like obesity, hyper- and hypo- glycemia, diabetes, gout, heart disease, hypertension, cancers, dementia, fatty liver, and macular degeneration.*

02 *They avoid highly processed vegetable oils so that their daily caloric intake of omega 6 fatty acids remains under 2%--guess what the typical American's is?*

- As examples, the Maasai Tribe daily caloric intake is typically found to be comprised of about 66% animal fat (up to 45% of that being saturated fat), 17% carbs, and only 1.7% omega 6, protein making up the rest.
- While in Tukisenta, Papau New Guinea, the complete opposite: 2.4% fat, 94.6% Carbs, but again, only 0.6% omega 6!
- Finally, in the Tokelau Islands: 53% fat (48% of that being saturated fat from coconut), and only 2% omega 6.

Maasai Tribe

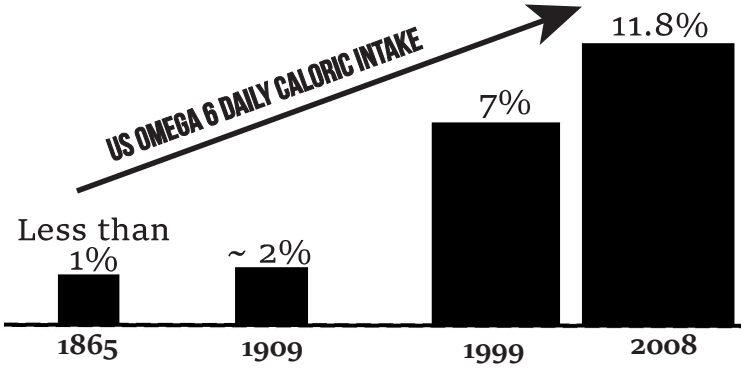
Tokelau Islands

Tukisenta, Papau New Guinea

Secluded populations around the world eat vastly different diets, some high in fat, some in carbs or protein, yet they share two things in common:

- ⊘ ***No refined sugar***
- ⊘ ***No refined wheat***
- ⊘ ***No processed foods***
- ⊘ ***But most of all, no high omega 6 vegetable oils!***

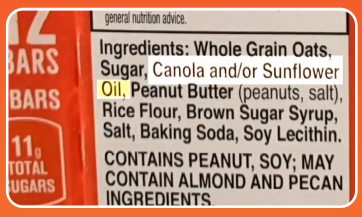
Which along with trans fats are estimated to contribute about 80% to modern obesity and chronic disease, compared to about 15% for sugar and 5% for refined wheat.



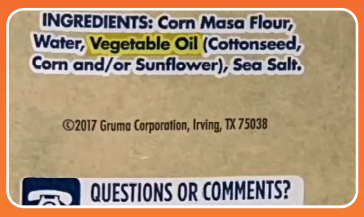
Did you take a guess at the typical modern American omega 6 daily caloric intake?
A whopping 12% and rising! Compared to 0.6-2% in the prior examples.

Learn to quickly spot the no go vegetable oil:

WATER, EXPELLER PRESSED COXONUT
POTATO STARCH, SUNFLOWER OIL, TAPIOCA
DEXTROSE, NUTRITIONAL YEAST, NATURAL
SEA SALT, PAPRIKA OLEORESIN (FOR COLOR),
SUGAR, CITRIC ACID, LACTIC ACID, LACTIC ACID


general nutrition advice.
BARS
BARS
11g
TOTAL
SUGARS
Ingredients: Whole Grain Oats, Sugar, Canola and/or Sunflower Oil, Peanut Butter (peanuts, salt), Rice Flour, Brown Sugar Syrup, Salt, Baking Soda, Soy Lecithin.
CONTAINS PEANUT, SOY; MAY CONTAIN ALMOND AND PECAN INGREDIENTS

(0% DV), Iron (6% DV), Pot
TATOES, MAYONNAISE (SOYBEAN OIL, WATER, EGG
WATER, MUSTARD SEED, SALT, SPICES, YELLOW 5
PICKLE RELISH (CUCUMBER, SUGAR, DISTILLED V
SEED, XANTHAN GUM, CELERY SEED, DEHYDRAT
MINCED ONION), HARD COOKED EGGS, GREEN
CITRIC ACID), WATER, ONION, SALT, MODIFIED CO


INGREDIENTS: Corn Masa Flour, Water, Vegetable Oil (Cottonseed, Corn and/or Sunflower), Sea Salt.
©2017 Gruma Corporation, Irving, TX 75038
QUESTIONS OR COMMENTS?

Facts
ntainer
/about 15 chips)
150
% Daily Value*
INGREDIENTS: ORGANIC POTATOES, ORGANIC HIGH OLEIC SUNFLOWER OIL AND / OR ORGANIC HIGH OLEIC SAFFLOWER OIL, SEA SALT.
MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT
MADE WITH THE PRIDE AND

PEANUT OIL, SOY LECITHIN, SKIM MILK, NATURAL FLAVORS, SALT BUTTERFAT, MONO AND DIGLYCERIDES, CARRAGEENAN, SODIUM CITRATE, CANOLA OIL, CITRIC ACID, SUCRALOSE.
CONTAINS MILK, SOY, PEANUTS

Facts
INGREDIENTS: ORGANIC POPCORN, ORGANIC CANE SUGAR, ORGANIC VEGETABLE OIL (SUNFLOWER, SAFFLOWER AND/OR CANOLA), SEA SALT.
130
MANUFACTURED IN A

INGREDIENTS: SOYBEAN OIL, WATER, WHOLE EGGS AND EGG YOLKS, DISTILLED VINEGAR, SALT, SUGAR, LEMON JUCE CONCENTRATE, CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), NATURAL FLAVORS.
©UNILEVER ENGLEWOOD CLIFFS, NJ 07632
Something To Tell Us?

INGREDIENTS: ORGANIC TOMATO PUREE
ORGANIC TOMATO PASTE), ORGANIC DICED TOM
JUICE (ORGANIC DICED TOMATOES, ORGANIC
JUICE, CITRIC ACID, CALCIUM CHLORIDE),
SOYBEAN OIL, ORGANIC SUGAR, ORGANIC EXTR
OLIVE OIL, ORGANIC ONIONS, SEA SALT,
GARLIC, ORGANIC SPICES, ORGANIC BASIL
MT PROSPECT, IL 60056, USA

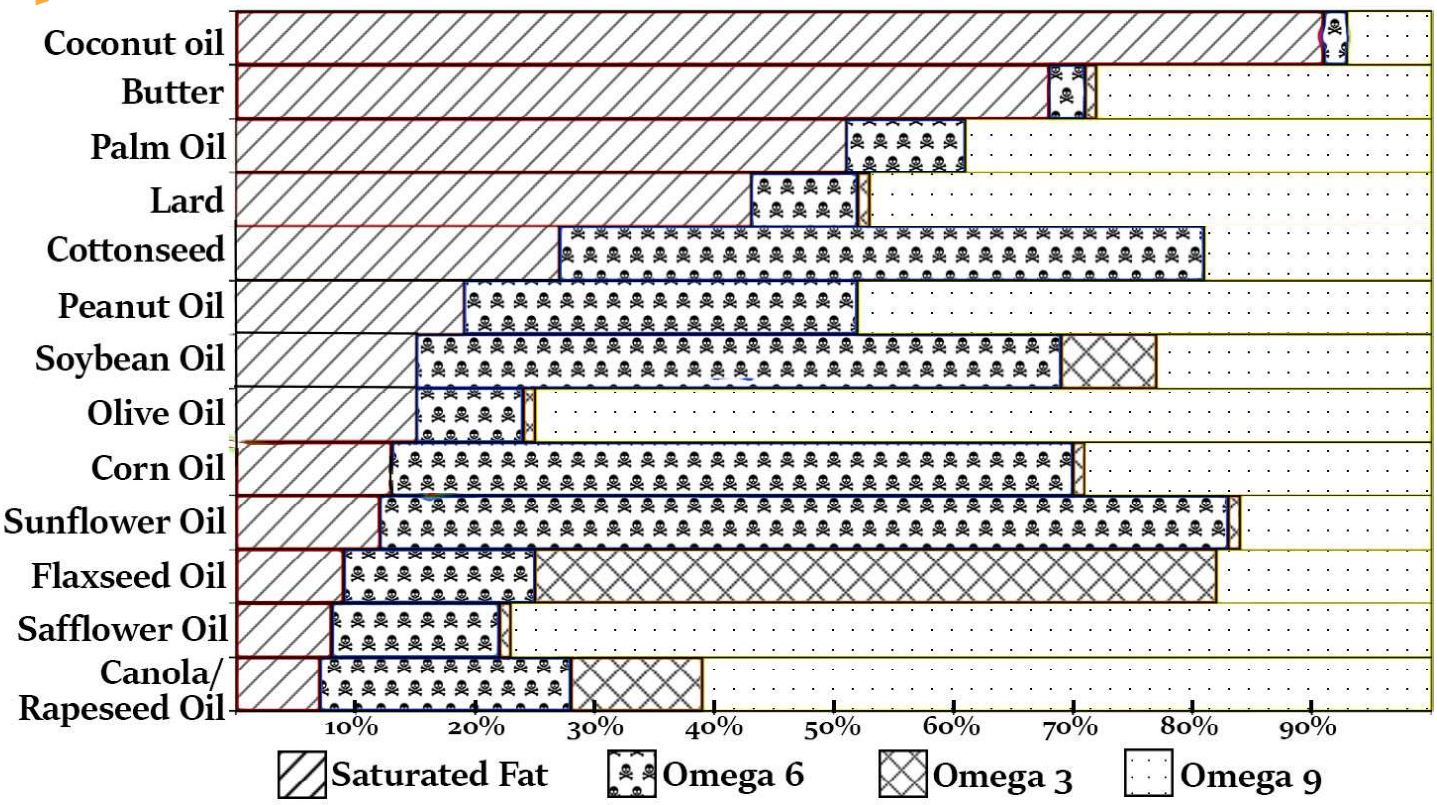
INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), CANOLA OIL, PALM OIL, BAKING SODA, SEA SALT, MALTED BARLEY FLOUR, CALCIUM CARBONATE, SALT, YEAST.
CONTAINS: WHEAT.

Ingredients: Whole Grain Rolled Oats, Cane Sugar, Whole Grain Wheat, Expeller Pressed Canola Oil, Coconut, Honey, Almonds, Molasses, Natural Flavor, Salt, Spice Blend (sugar, cardamom, fennel seed, fenugreek, nutmeg).
CONTAINS WHEAT, COCONUT, AND

acts
iner
e (39g)
70
ily Value*
9%
Ingredients: Glucose Syrup, Wheat Flour, Sugar, Palm Oil, Butter, Molasses, Soy Flour, Canola Oil, Salt, Wheat Dextrin, Soy Lecithin, Baking Soda, Cinnamon, Citric Acid, Vanilla Bean, Mono- and Diglycerides of Fatty Acids.
Contains: Wheat, Milk, Soy.
Manufactured by: Daelmans

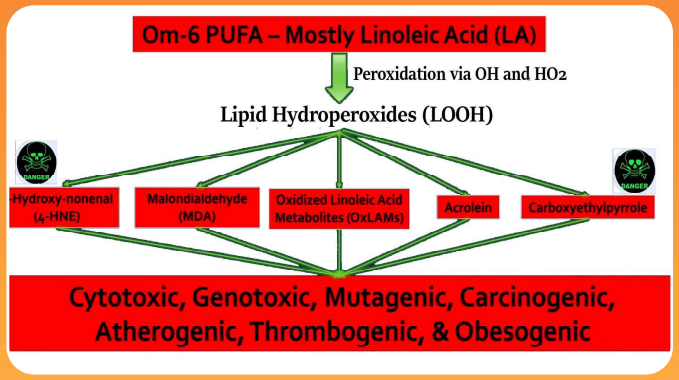
INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, GRAIN BLEND (SESAME SEEDS, FLA OATS, MILLET, FLAXSEEDS, SUNFLOWER SEEDS), SUNFLOWER OIL, WHOLE GRAIN RY FLOUR, WHOLE WHEAT FLOUR, ORGANIC HONEY, SEA SALT, SALT, YEAST, MALTED BARLEY FLOUR.

Let take a look at the omega 6 levels in various vegetable oils:

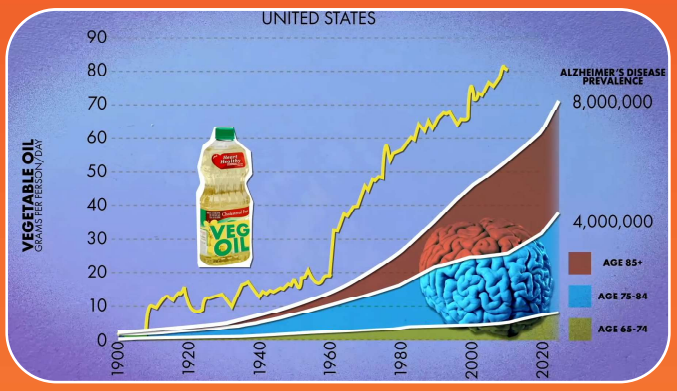


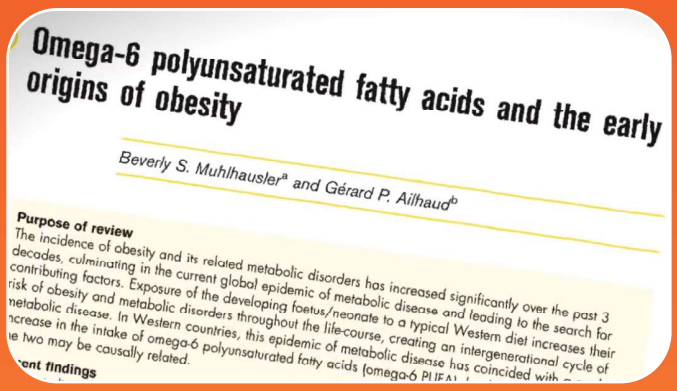
And when eating out, request, or demand, that your food be cooked in a real butter, coconut oil, avocado oil, palm oil, olive oil, beef tallow or lard.

The chemistry of what happens with high omega 6 in the body is complicated, but here is one nasty process, called the peroxidation cascade, in which omega 6, i.e. linoleic acid molecules, sustain a terrible chain reaction.



There are many studies implicating omega 6 in modern civilizational diseases; here are but a few:





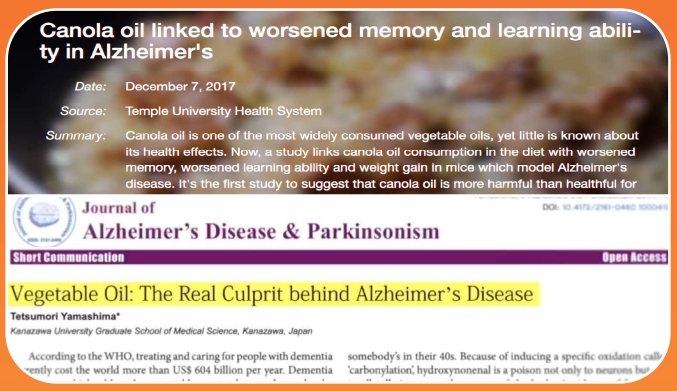
Omega-6 polyunsaturated fatty acids and the early origins of obesity

Beverly S. Muhlhausler[a] and Gérard P. Ailhaud[b]

Purpose of review

The incidence of obesity and its related metabolic disorders has increased significantly over the past 3 decades, culminating in the current global epidemic of metabolic disease and leading to the search for contributing factors. Exposure of the developing foetus/neonate to a typical Western diet increases their risk of obesity and metabolic disorders throughout the life-course, creating an intergenerational cycle of metabolic disease. In Western countries, this epidemic of metabolic disease has coincided with [illegible] increase in the intake of omega-6 polyunsaturated fatty acids (omega-6 PUFA). [illegible] the two may be causally related.

[illegible] findings



Canola oil linked to worsened memory and learning ability in Alzheimer's

Date: December 7, 2017

Source: Temple University Health System

Summary: Canola oil is one of the most widely consumed vegetable oils, yet little is known about its health effects. Now, a study links canola oil consumption in the diet with worsened memory, worsened learning ability and weight gain in mice which model Alzheimer's disease. It's the first study to suggest that canola oil is more harmful than healthful for

Journal of Alzheimer's Disease & Parkinsonism

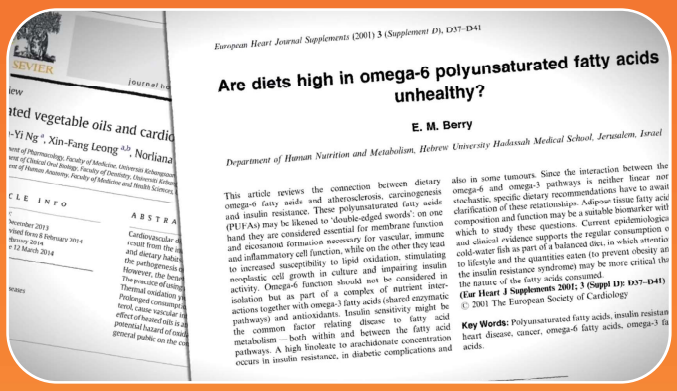
Short Communication — Open Access

Vegetable Oil: The Real Culprit behind Alzheimer's Disease

Tetsumori Yamashima*

Kanazawa University Graduate School of Medical Science, Kanazawa, Japan

According to the WHO, treating and caring for people with dementia [illegible] somebody's in their 40s. Because of inducing a specific oxidation call 'carbonylation', hydroxynonenal is a poison not only to neurons but



European Heart Journal Supplements (2001) 3 (Supplement D), D37–D41

Are diets high in omega-6 polyunsaturated fatty acids unhealthy?

E. M. Berry

Department of Human Nutrition and Metabolism, Hebrew University Hadassah Medical School, Jerusalem, Israel

[illegible] vegetable oils and cardio

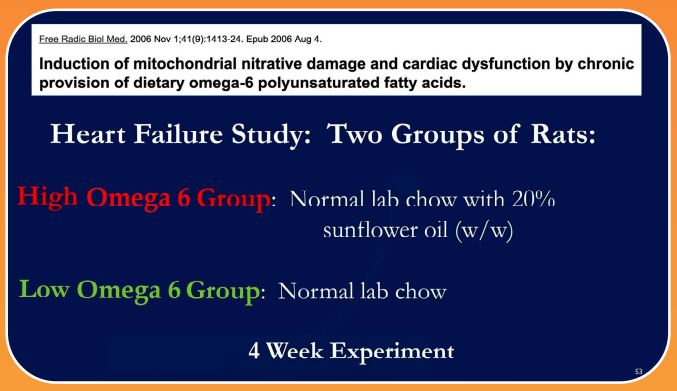
[illegible]-Yi Ng [a], Xin-Fang Leong [a,b], Norliana

This article reviews the connection between dietary omega-6 fatty acids and atherosclerosis, carcinogenesis and insulin resistance. These polyunsaturated fatty acids (PUFAs) may be likened to 'double-edged swords': on one hand they are considered essential for membrane function and eicosanoid formation necessary for vascular, immune and inflammatory cell function, while on the other they lead to increased susceptibility to lipid oxidation, stimulating neoplastic cell growth in culture and impairing insulin activity. Omega-6 function should not be considered in isolation but as part of a complex of nutrient interactions together with omega-3 fatty acids (shared enzymatic pathways) and antioxidants. Insulin sensitivity might be the common factor relating disease to fatty acid metabolism — both within and between the PUFA pathways. A high linoleate to arachidonate concentration occurs in insulin resistance, in diabetic complications and also in some tumours. Since the interaction between the omega-6 and omega-3 pathways is neither linear nor stochastic, specific dietary recommendations have to await clarification of these relationships. Adipose tissue fatty acid composition and function may be a suitable biomarker with which to study these questions. Current epidemiological and clinical evidence supports the regular consumption of cold-water fish as part of a balanced diet, in which attention to lifestyle and the quantities eaten (to prevent obesity and the insulin resistance syndrome) may be more critical than the nature of the fatty acids consumed.

(Eur Heart J Supplements 2001; 3 (Suppl D): D37–D41)

© 2001 The European Society of Cardiology

Key Words: Polyunsaturated fatty acids, insulin resistance, heart disease, cancer, omega-6 fatty acids, omega-3 fatty acids.



Free Radic Biol Med. 2006 Nov 1;41(9):1413-24. Epub 2006 Aug 4.

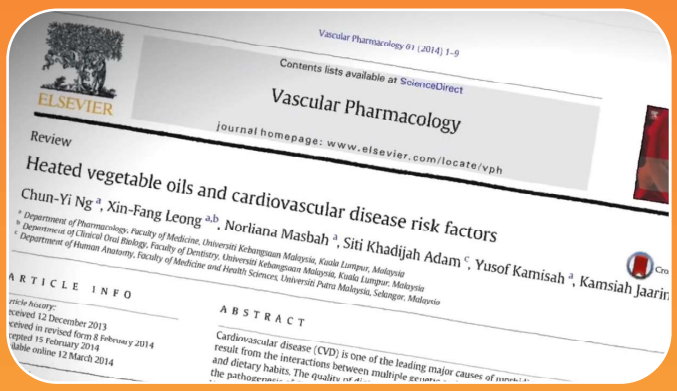
Induction of mitochondrial nitrative damage and cardiac dysfunction by chronic provision of dietary omega-6 polyunsaturated fatty acids.

Heart Failure Study: Two Groups of Rats:

High Omega 6 Group: Normal lab chow with 20% sunflower oil (w/w)

Low Omega 6 Group: Normal lab chow

4 Week Experiment



Vascular Pharmacology 61 (2014) 1–9

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journal homepage: www.elsevier.com/locate/vph

Review

Heated vegetable oils and cardiovascular disease risk factors

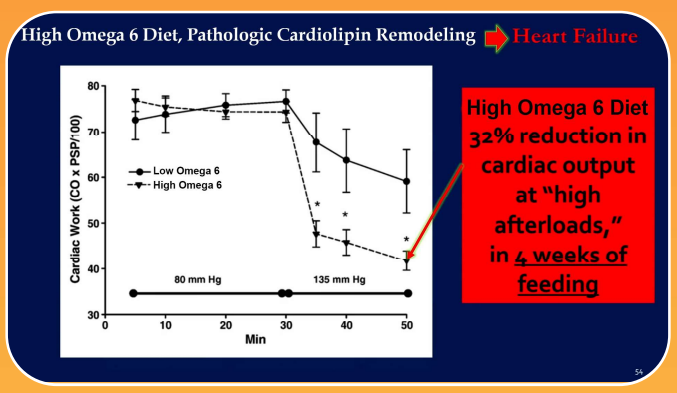
Chun-Yi Ng [a], Xin-Fang Leong [a,b], Norliana Masbah [a], Siti Khadijah Adam [c], Yusof Kamisah [a], Kamsiah Jaarin

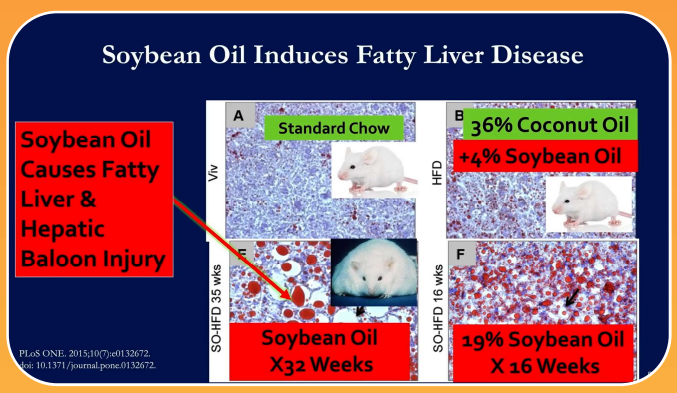
[a] Department of Pharmacology, Faculty of Medicine, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia
[b] Department of Clinical Oral Biology, Faculty of Dentistry, Universiti Kebangsaan Malaysia, Kuala Lumpur, Malaysia
[c] Department of Human Anatomy, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Selangor, Malaysia

ARTICLE INFO

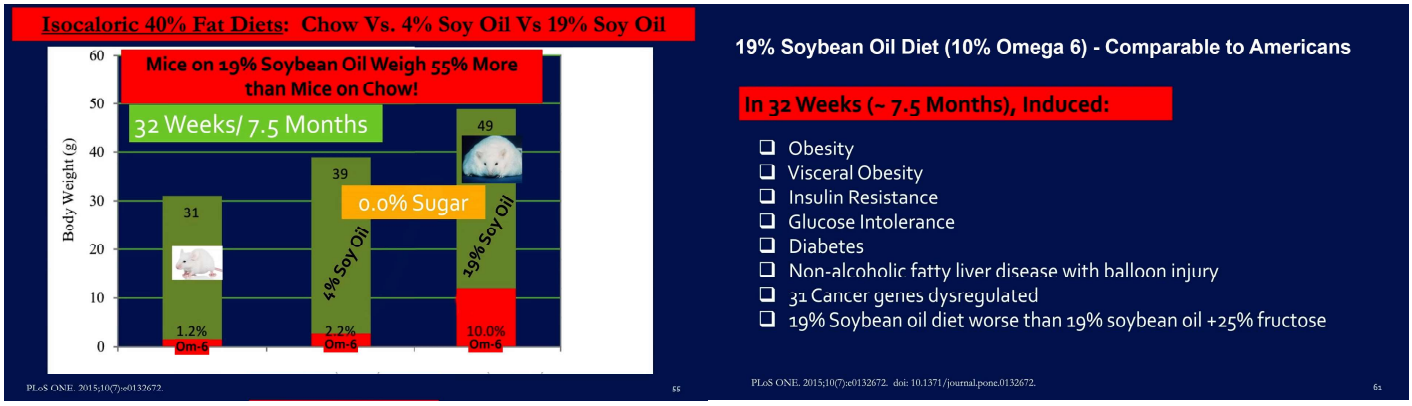
ABSTRACT

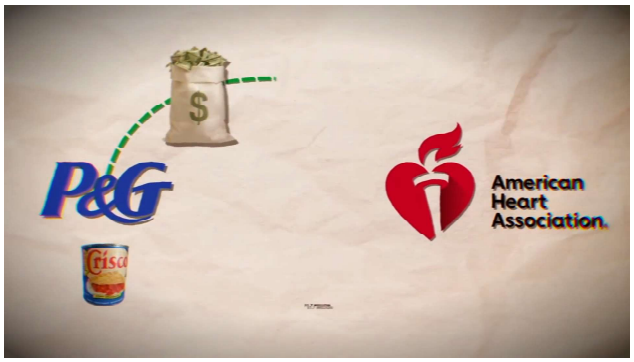
Cardiovascular disease (CVD) is one of the leading major causes of [illegible] result from the interactions between multiple genetic [illegible] and dietary habits. The quality of [illegible] the pathogenesis

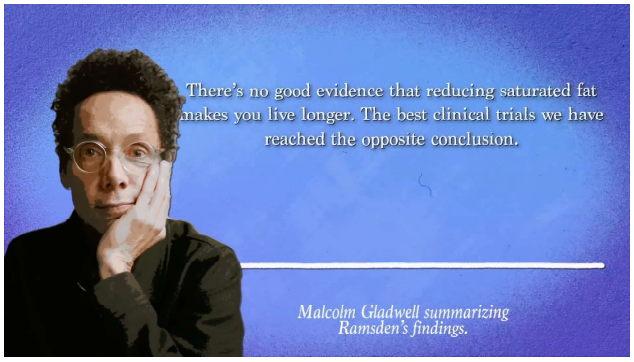

High Omega 6 Diet, Pathologic Cardiolipin Remodeling
Heart Failure
Cardiac Work (CO x PSP/100)
Low Omega 6
High Omega 6
80 mm Hg
135 mm Hg
Min
High Omega 6 Diet 32% reduction in cardiac output at "high afterloads," in 4 weeks of feeding



In one study, three groups of mice were fed the same amount of calories, but different amounts of omega 6:






There's no good evidence that reducing saturated fat makes you live longer. The best clinical trials we have reached the opposite conclusion.
Malcolm Gladwell summarizing Ramsden's findings.

In 1948 the American Heart Association was a tiny organization but got its big break when Proctor and Gamble, one of the pioneers in the dirt cheap and profitable high omega 6 vegetable oils, awarded the AHA $1.7 million dollars through a radio contest of all things.

For more information regarding oft quoted studies by those "in favor" of not worrying about high omega 6, see the Youtube video titled: ***The $100 Billion Dollar Ingredient Making Your Food Toxic But needless to say, there have been serious scientific shenanigans going on four more than a half century to keep this massive careless industry flush.***

So why isn't high omega 6 vegetable oils a bigger topic in society? Our medical woes sure are. Perhaps one aspect is how hidden these cheap harmful substitutes are for real healthful fats and oils. Just like with the saw dust in the rice crispy treats, could you really tell the difference? While on the other hand, with something like sugar, we all love it, we all know too much is probably not the greatest for us, and we all know when it's removed or substituted, by say Stevia or Splenda.

Another Youtube video highly utilized in this presentation is titled:

Dr. Chris Knobbe -
Diseases of Civilization Are Seed Oil Excesses the Unifying Mechanism

Did you find this flyer informative?
Request a monthly newsletter at yourhealth@gmail.com,
and discover more, such as the balance between omega 6 and omega 3.

If our body is the temple of the most holy God, should we bring profane things into it? You don't have to go overboard--just avoid bringing in true poison. 1 Corinthians 6:19-20
19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.